SUPERSTITIONLIVING

NOVEMBER 2020

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PERMIT NO. 329

POSTAL CUSTOMER

ECRWSS EDDM

158 HOMES SOLD THIS YEAR THRU SEPTEMBER! #1 IN SALES EVERY MONTH!

BEAUTIFUL HOME LARGE LOT! NO HOA!
1429 SF, 3 bdrms, 2 bths, 1 car carport! Manufactured home, 11,112 sf corner lot!, fenced back yard close to freeways and shopping, New plumbing and more! Seller will participate in seller concessions!
$179,500 Call Zach or Shelly!

FURNISHED BEAUTY IN PERALTA TRAILS!
1488 sf, 3 bdrms, 2 bths, 2 car garage! Move in ready Granite counters , custom cabinets, no carpeting! Tile and laminate everywhere! extended flagstone patio. New AC 2019, newer water heater too! access to community pool, exercise & more!
$289,000 call Ronelle

LAS SENDAS BEAUTY!! INSPIRING SUNSETS!
BLANDFORD HOMES! 1571 sf, 3 bdrms, 2 bths 2 car gar. Oversized corner lot, covered patio with sun shades , gorgeous tile , new AC in 2016 Lots of upgrades that year! TOO MUCH TO LIST IT ALL!
$369,000 Call Dawn

PERALTA TRAILS! JUST GORGEOUS!
BIG 2611 sf, 4 bdrms, 3 baths, huge 3 car garage! One of the largest lots in Peralta! Backyard is a paradise with VIEWS, POOL, outdoor BBQ, large side yard has wide RV GATE and the 3 car garage is extended in length! Dont let this one get away!
$465,900 Call Sam

GORGEOUS IN SUNRISE AT GOLD CANYON RANCH!
2022 SF, 4 berms, 2 bths , office and bonus area. POOL & SPA, Fabulous Superstition Views, Tile and Wood floors throughout! updated kitchen and much much more! Don't let it get away!
$369,000 Call Dawn

BEAUTIFUL IN ENTRADA DEL ORO!
WOW! 2244 SF, 3 bdrms, 2 bths Amazing kitchen with granite counters, staggered cabinets! Great room open floor plan, large master suite, 3 car tandem garage! MOUNTAIN VIEWS!
$349,900 Call Erma!

ENTRADA DEL ORO!
RESORT STYLE BACKYARD, NEW POOL!
5 bdrms, 3 bths 2.5 car garage! WOW! Putting greens, gorgeous landscaping, surround sound and MUCH MORE!
$382,700 Call Sam

FABULOUS PERALTA TRAILS! WOW!
1272 SF, 3 bdrms, 2 bths, 2 car garage! Move in ready for you! lots of upgrades , cul de sac location with fabulous Superstition Mountain Views!
$276,500 Call Sam!

MOUNTAINBROOK VILLAGE! BIG 3 CAR GARAGE
SPECTACULAR SUPERSTITION MOUNTAIN VIEWS!
1875 sf, 2 bedrooms, 2 baths impeccably maintained home! Fabulous floor plan you will love, big eat-in kitchen with bar all open to the big great room! Turn Key FURNISHED! Fabulous buy!
$399,000 Call Lisa

MESA DEL ORO ESTATES!
BREATHTAKING VIEWS!
1 ACRE (appx) lot, 1655 sf, 3 bdrms, 2 baths! New Roof 2015 & new AC in 2018! great eat in kitchen! Granite counters Stainless appliances, fireplace, 2 sided fireplace, jetted tub window seats N/S Exposure and MUCH MORE!
$399,900 Call Marsha

INVESTORS! STUDIO HOME ON FENCED LOT!
440 SF, Completely remodeled, tile and carpet new windows, tenant in place and would like to stay! Shed and work area in back!
$99,000 Call Lisa

PRISTINE CUSTOM HOME IN GOLDEN SPRINGS!
NO HOA! 2303 SF, 3 bdrms, 2 bths, 2 car garage with SPARKLING POOL! Split floor plan too! New roof, stone fireplace, recessed lighting, huge family room with bar area and so much more! RV gate ENTERTAINERS DREAM HOME! YOU MUST SEE IT!
Call Zach and Shelly! $432,000

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WE CONTINUE TO MAINTAIN MARKET SHARE IN GOLD CANYON!
BUYERS NOW IS THE TIME TO BUY! SELLERS, NOW IS THE TIME TO SELL!

GORGEOUS CUSTOM SINGLE LEVEL HOME ON A NEAR ACRE IN MESA!

4924 SF, 5 BDRMS, 5.5 BTHS, 3 car gar! POOL SPA AND MUCH MORE! NO HOA! GATED COMMUNITY! Polished Travertine floors, wall of windows shows off the gorgeous resort back yard! VIEWS OF SCARFACE MOUNTAIN! Outdoor kitchen, Jacuzzi and putting green! JUST TOO MUCH TO LIST IT ALL!

$1,100,000 call Zach and Shelly!

GORGEOUS HOME IN SUPERSTITION FOOTHILLS! POOL & VIEWS!

2000 SF, 2 bdrms+ office (or 3rd bedroom with french doors! BIG 3 CAR GARAGE! Open floor plan!, FURNISHED, sparkling pool and extended patio! Home backs to private wash area! Split bedrooms and more! Staggered Maple cabinetry, Gas fireplace inside, and Kive fireplace outside!, Community also has pool, spa and park!

Call Lori $415,000

EXQUISITE SEMI CUSTOM IN SUPERSTITION FOOTHILLS! POOL & VIEWS!

WOW! Rare opportunity to own this fabulous property! Bright open floor plan, 2850 sf, 3 bdrms, 2.5 bths, office/den and it is loaded with custom features! Ralph Loren suede painting throughout!, 21 " diagonal set tile floors, newer solid wood staggered cabinetry, Veined slap Granite counters, new fixtures and much more!

$539,000 Call Lisa

SUPERSTITION FOOTHILLS! GORGEOUS HOME AND POOL!

2626 SF, 4 bdrms, 3 baths , office, and bonus room! Gas fireplace, Corian counters, pebble tec pool and water slide! , built in SPA and built in outdoor kitchen! Soaring ceilings open staircase large open kitchen with center island. one bedroom on 1st floor! 3 car garage RV Gate and pavers! SPECTACULAR PROPERTY! Community Pool & spa too!

$450,000 call Lisa

JOHNSON RANCH BEAUTY!

2135 sf, 3 bdrms, 2 bths den/office and large 3 car garage! new quartz counters, newer SS appliances! Double ovens, Bosch dishwasher , newer AC, New Anders windows loaded! Community has pool spa, golf course and much much more!

Call Carol! NEW TO MARKET! $325,000

SOME LOTS AND LAND FROM .27 AC TO 3.49 ACRES
CALL TO SEE OR GET MORE INFO! & WE HAVE MORE!

VISTA DEL CORAZON

4630 AVENIDA CORAZON DE ORO .42 AC .....$89,000 - **SOLD**
4539 AVENIDA CORAZON DE ORO .69 AC....$125,000
4335 S EL CAMINO DEL BIEN 1.16 AC.....$149,900
4760 AVENIDA CORAZON DE ORO .65 AC...$159,000

MESA DEL ORO

6968 TUM TUM CT. APPX 1 AC.....$99,000 - **SOLD**
6399 E LAZY LANE 1.15 AC.....$189,000 - **SOLD**

GOLD CANYON

0 S MORNINGSIDE LANE 1.35 AC.....$99,000 - **SOLD**
EAGLE PASS 7000 SF.....$48,000 - **SOLD**
0 E VISTA DEL SOL 1.25 AC!.....$65,000 - **SOLD**
1.25 ACRES ON PRICKLY POINT.....$85,000 - **SOLD**
2.45 AC 0E OPEN SKY.....$159,000
YAQUI LANE .51 AC.....$189,000

GOLD CANYON EAST

9722 TREASURE PLACE .70 AC.....$129,000 - **SOLD**
9771 DEADSURE PLACE .70 AC.....$129,000

GOLDEN SPRINGS

5820 S ESTRELLA RD #76.....$28,000 - **SOLD**
.16 AC 10444 LA PALMA.....$30,000 - **SOLD**

KINGS RANCH ESTATES

10631 E MAVERICK TRAIL 1.5 AC....$123,000 - **SOLD**
10571 MAVERICK TRAIL 1.92 AC.....$149,900 - **SOLD**

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NOVEMBER 2020 ❱ **VOL 4 - Nº 11**

Published monthly by Mansur Design Company LLC.
Contact editor@mansurdesign.com for any questions.

Article & Photo Submissions Welcome & Encouraged!

Please limit stories to approximately 400 words. Use the form at: Superstitionliving.com
Calendar events (apx. 100 words) are submitted at: Superstitionliving.com

We are primarily interested in stories directly related to our circulation area. We will run these stories and photos based on space available each month. No guarantee of publication is made.

This is not a platform for complaints or political agenda.

Opinions expressed in editorial or advertisements do not necessarily represent the view or opinion of Mansur Design Co.

No liability is accepted for errors or omissions in editorial or advertising copy. We make every effort to insure the accuracy of the publication but are not immune from mistakes.

We reserve the right to refuse any editorial or advertising copy that is not compatible with our publication standards.

Advertising rates and information are available at SuperstitionLiving.com

DEADLINES

All editorial, photo and advertising are due by the 10th of each month prior to the month of publication.

MAILING ADDRESS:

Mansur Design Company llc.
PO Box 2909,
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ON THE COVER

Marching Home by Denise March

OCTOBER **2020**

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Sunset during the wildfires by Leona Speidel

LOCAL EVENTS
COMMUNITY CALENDAR

Submissions are due 10th of the month prior
editor@mansurdesign.com

November 4th - 30th, - Hatfield Medical Group Apache Junction Will be holding various events throughout the month, Please see pg 9 for more information. Limited Seating, Please call 480-536-6840 for reservations.

Saturday, November 7th, Four Peaks Cleanup | We will be planting all native plants to the area. Saguaro, Barrel, Calliandra, Prickly Pear, Yucca and Palo Verde to name a few. The holes will be dug and filled with water ahead of time to give the plants the best survival rate. See our Facebook @fourpeakscleanup for more information and how to register. Hosted by Copperstate4Wheelers.

Saturday, November 14th, - Free Drive Thru Donuts | 8AM at Gold Canyon Executive Suites hosted by Gold Canyon Strong. See pg 18 for more info.

Saturday, November 21st, Gold Canyon Business Fair | 8AM-NOON, GOLD CANYON COMMUNITY CHURCH, 5810 S. Alameda Rd. Join us for Food, Vendors and Fun to support your local Gold Canyon Community. More information at www.gcba.biz

Friday, November 27th, 4th annual Green Friday Lower Salt River Cleanup hosted by Natural Restorations. More Infomation can be found at Naturalrestorations.com

Saturday, November 28th, Gold Canyon Strong Small Business Vendor Fair. | 8am - 4pm at the Gold Canyon Executive suites. Food, Vendors and much shopping to be had. See pg 18 for more info.

UPCOMING EVENTS

12/12/20 – **Artists of the Superstitions Holiday Art Show** More information can be found www.artistsofthesuperstitions.com

Events Continue at Boyce Thompson Arboretum, Check the complete event pages on their website at http://www.btarboretum.org/events or contact the Visitor's Center at 520-689-2723. You may also Email: info@btarboretum.org.

Exciting Activities year round at the Superstition Mountain Museum, Call 480 983-4888 or visit www.superstitionmountainmuseum.org for schedule of classes and events.

Visit Lost Dutchman State Park, Check the website www.azstateparks.com/lost-dutchman/ for a schedule of events and activities. Call 480-982-4485

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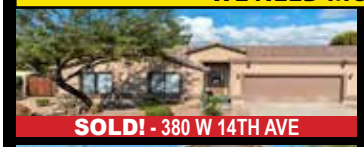
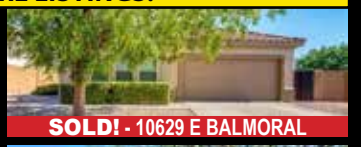
WE NEED MORE LISTINGS!


SOLD! - 380 W 14TH AVE

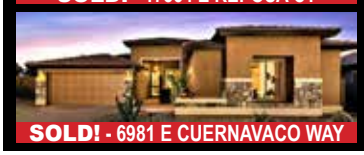

SOLD! - 10629 E BALMORAL

SOLD! - 5292 S MOUNTAINGATE DR

SOLD! - 11121 E ADOBE CT

SOLD! - 17854 E REPOSA CT

SOLD! - 47882 N NAVIDAD CT


SOLD! - 6981 E CUERNAVACO WAY

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A.D.O.B.E. NEWS

GLENNWALP

A.D.O.B.E PRESIDENT

GREETINGS TO ALL ADOBE MEMBERS AND FRIENDS

ALERT! ALERT! GOLD CANYON IS BEING INVADED. That is: A plant commonly called *"Stinknet"* has launched an attack on Arizona. The Arizona Department of Agriculture has classified the plant as a noxious weed.

"Stinknet" hails from South Africa and was first seen in the United States in the Los Angeles and San Diego areas in the early 1980s. How it got to the United States is unknown. The plant has now migrated - mainly by wind - to Arizona. Regrettably, Pinal County, and with specificity Gold Canyon, are prime growing areas for this invasive plant.

According to botanists, the plant begins to bloom in the Gold Canyon area – bright, pretty yellow flowers – in January/February. The plant then produces hundreds of tiny seeds that spread profusely. Stinknet reaches heights of up to two feet. An Internet search will produce many other facts about this plant. Although called *"Stinknet"* - because of its pungent odor - its official name is *"Globe Chamomile."* This plant is so invasive that it is choking out native plants - such as our beautiful indigenous desert spring flowers - and becoming a fire hazard when dry.

In addition, Stinknet is also an irritant and an allergen, causing everything from skin rashes to breathing problems in people who are susceptible to such things.

Anything you can do, from a logical perspective, in helping to get rid of this noxious weed would go a long way in preserving our beautiful and safe Gold Canyon area.

On other topics, the ADOBE Board is still evaluating whether to have Memberships Meetings in early 2021. A Board decision will be made this month. Also an ADOBE Membership Drive will be effectuated in November, 2020.

Wishing you a wonderful November – holidays, family and **thankful** days are here again – enjoy.

Glenn A. Walp

ADOBE – "The Voice of Gold Canyon since 1988"

Glenn Walp
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480-983-1415

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903-474-1963

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Farewell Kings Ranch

by: Karen DeTorres

The House that Friends Built

It was 1996 and I was house hunting. The lease on my condo rental was expiring and I was ready to put down permanent roots in Arizona, far from my Jersey girl digs. The sign on the rusty water tank in the tangled field said 'Nosy Neighbor Acres - Keep Out' so I backed up across the cattle guard and switched off the engine. What I could see of the house at the end of the dirt driveway was a sorrowful sight - squat, dark and unfriendly – but the rocky cliffs of the Supes soaring to the sky behind the house was breathtaking. My house hunting was over.

Within days, a neighbor came by to introduce himself. His name was Carl Sheppard. Carl was a retired contractor from Ohio who spent his winters in Gold Canyon, or Kings Ranch as it was called then. Carl's home and workshop, which he built himself, was just around the corner on 5 acres that he purchased from Julian and Lucy King. Carl was thrilled that I was taking on this remodeling project and he offered to help me. He practically rubbed his hands together in delight when I agreed to take all the help he would give. So began our friendship that lasted until Carl's death in 2017 at the age of 95.

My 'new' home was also part of the original King homestead. It was so neglected and run down it was barely habitable so I slept in the back of my Jeep Waggoneer. Remodeling began and within weeks, the demolition of the east end of the building was completed and construction began on 1000 sq ft of additional living space. The black and white painted wall planks were salvaged, taken to Carl's shop, planed and used to build furniture. A stained glass bathroom window was repurposed as a side light in an interior door. Carl built all the interior doors in his shop then installed and trimmed them in the new space. We tore down the carport that was clinging to the west end of the house and Carl drew the plans for a large 3 car garage with swamp cooling. Adobe blocks from the King's home on Blackhawk were reclaimed and used to build a small patio for a hot tub. Carl's mark is just about everywhere in my home. It's time for someone else to make memories here.

Jayshri Gamoth, M.D.

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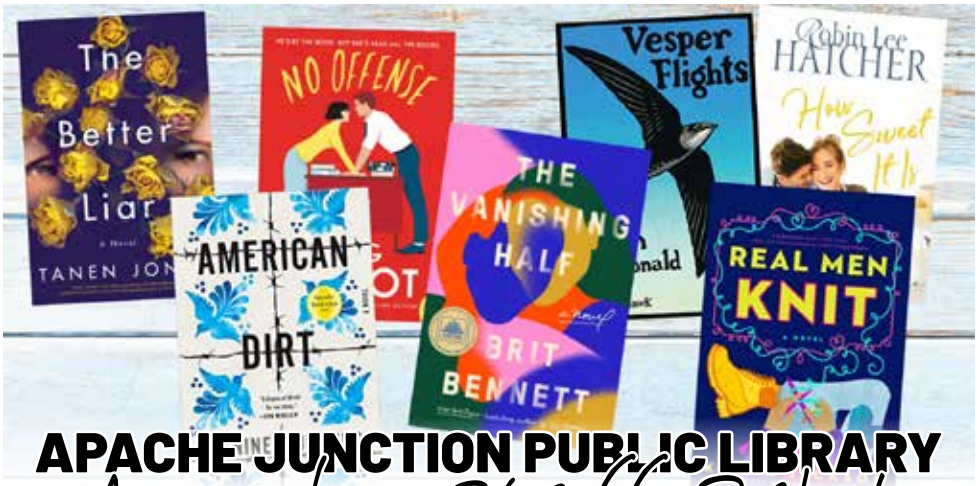


APACHE JUNCTION PUBLIC LIBRARY

November Staff Picks!

After a long summer, early twilight tiptoed in — leaving less hours outdoors and more curled up with a good book. Stuck on what to read? We can help. New books arrive daily at Apache Junction Public Library. Look for the titles staff enjoyed last month, and for upcoming suggestions.

The Better Liar—Tanen Jones

A stipulation in her father's will forces Leslie to track her sister Robin to a Las Vegas apartment where she lays dead following an overdose. Leslie flees and recruits a woman to assume Robin's identity. All three unlikable yet compelling characters cast a sinister cloud over the bright Albuquerque skies. A masterful, twisted debut novel. **Picked by: Vicki**

The Vanishing Half—Brit Bennett

Identical twins Stella and Desiree Vines, were born in a small southern Black community. At 16, they run away to live their separate lives elsewhere. Stella lives her life as white and Desiree eventually returns to her Black community. The story covers several generations from the 1950s to the 1990s. **Picked by: Diana**

Real Men Knit—K.M. Jackson

Four brothers attempt to reopen their adoptive mother's Harlem yarn shop after her unexpected death. "Real Men Knit" has family issues, romance, community, and did I say romance?

Picked By: Tracie

How Sweet It Is—Robin Lee Hatcher

This is a contemporary story of faith interwoven with letters from a great grandparent. I especially liked the insight into life in the 1940s. This book reinforces that there are many different perspectives to every situation.

Picked by: Sandy

No Offense—Meg Cabot

An exciting novel about a librarian and a sheriff who work together to solve a local crime. While you enjoy this new book, go behind the scenes with Molly Montgomery and get a small sneak peek into the life of a librarian.

Picked by: Leah

American Dirt—Jeanine Cummins

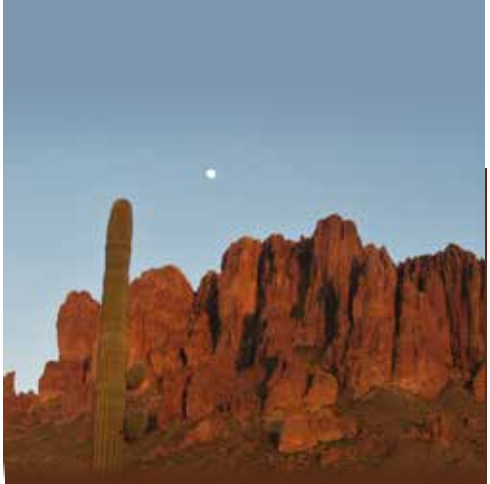
After their family's comfortable life is destroyed by violence, a mother and son escape Acapulco and migrate toward the United States. Along the way they meet others running toward the hope of a better life. While it doesn't take a stand about illegal immigration, the story made me analyze my views and reminded me that no one knows the details of a person's circumstances.

Picked by: Dennis:

Vesper Flights—Helen Macdonald

MacDonald waxes lyrical in these remarkably varied essays. She describes herself as "an odd, solitary child with an early and all-consuming compulsion to seek out wild creatures." Fortunately for her readers, she fulfilled this goal, and learned to write in such a way that we, too, feel the magic as she weaves the world as she sees it. Part memoir, part discovery, these essays teach about the quiet and hidden beauties that surround us.

Picked by: Louise



WHY DO WE LIVE HERE...?

By Marcia Nelson

So why do we live here ... ?
Friends back East want to know.
It's dusty and hot,
and how those Monsoons do blow!

Another incentive,
is that we have critters galore!
They're scary and toxic
and often scurry across the floor.

Well, if you're still not sold
on our caustic domain,
our Spring weather may lure you
but could send lots of rain.

Yes, why do we live here?
It's easy for me.
I look all around
and it's just beauty I see.

Early morning quiet,
first birds that take flight
herald the coming day's gift
at the sun's first light.

The sweet smell of the desert
after those sudden Spring showers
coax the most amazing colors
from the blooming wildflowers!

Sunsets that silhouette
the Saguaros and hills
coyote howls and full moons
still give me chills.

So, guess that I'm sold
on desert living for sure.
Come visit next winter
Maybe you'll see the allure.

NOVEMBER AT HATFIELD MEDICAL GROUP

Hatfield Medical Group

Quality, compassionate care to every patient, every day

Hatfield Medical Group is a primary care facility that provides specialize care for Adults on Medicare. Our goal is for our patients to have access to care with same day and next day appointments.

We will be celebrating Veterans all month! Thank you for your service to all the active duty and Veterans. We will start off on **November 4th** with the Arizona State Purple Heart Commander Charles Byers. He will be educating us on comprehensive care and how to assist spouses during difficult times. **On November 6th**, we will have a Broker speaking on the new MA Insurance for Veterans.

Come listen to Author and Staff Sergeant Kerry Pardue on **November 9th**. He was a medic in the Vietnam War. He is an author of two books and artist. He will have inspiring stories to tell.

On **November 11th**, we will have a fantastic Celebration Veterans program in our parking lot to encourage social distance. Joining us will be AJHS Navy JROTC, Howard Schneider with the Barleens Theatre, Author Nancy Fassbender, and our keynote speaker Rear Admiral James Symonds. This event will be from 10-11am. If you are a Veteran, come to Los Gringos Locos. they will be offering 15% off on your meal, (excluding drinks) all day on November 11th.

On **November 18th**, we will have Tina with the Superstition Fire Dept talk about home safety, smoke detectors, and Carbon-dioxide monitors.

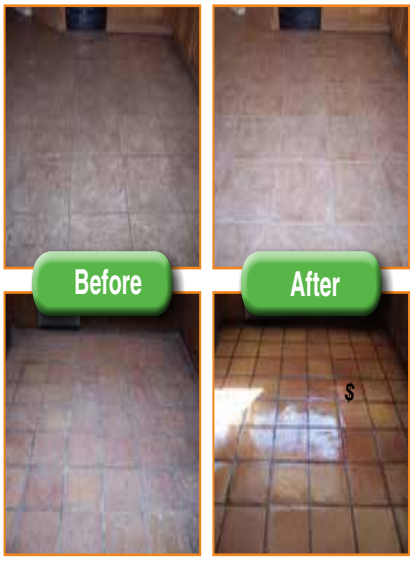
Dust off your golf clubs on the **20th** when Tom Fisher will be demonstrating golf techniques. On the **25th**, we will have Chef Jason with the Otherside Ministries preparing a healthy Turkey dish and sharing recipes.

We will be having Color for our Troops, Bingo and rock painting thru out November. Pick up your calendar and make reservations at 480-536-6840.

For a Free tour and learn more about Hatfield Medical Group, please call Kim at 480-536-6830 ext 4552.

NOV. 4th - Veterans Comprehensive Care Program - 10am - 11am
NOV. 5th - Card/Games Club - 10am to 12pm
NOV 6th - MA Insurane for Veterans - 10am & 1pm
NOV. 9th - Kerry Pardue Speaker - 10am -to11am
NOV. 11th - Veterans Day Celebration - 10am to 11am
NOV. 12th - Crochet & Knitting Club - 10am to 12pm
NOV 13th - Fall Crafts - 10am to 11am
NOV. 16th - Bingo - 10an to 11am & 3pm to 4pm
NOV. 18th - Home Safety - 10am to 11am
NOV. 19th - Card/Games Club - 10am to 12pm
NOV. 20th - Golf Techniques - 10am to 11am
NOV. 23rd - Rock Painting - 10am to 11am & 3pm to 4pm
NOV. 25th - Chef Jason's Turkey Recipes - 10am to 11am
NOV. 30th - Color for our Troops - 10am to 11am

TILE & GROUT CLEANING & SEALING



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VETERANS DAY

HONORING ALL WHO SERVED

by Scott Bartlowe

On the 11th hour of the 11th day of the 11th month in 1918, the guns of World War I fell silent and the bloodshed ceased. Thus, began the "truce" or "armistice" between the Allies and the Central Powers. The Treaty of Versailles signed in June 1919 officially ended the "War to End All Wars". Nevertheless, the date November 11th was, and still is, commemorated as Armistice Day by nearly forty nations.

In the British Commonwealth, November 11th is called Remembrance Day and is often called Poppy Day in the tradition of the red "remembrance" poppy. John McRae, a Canadian Surgeon, was inspired to write the poem "In Flanders Fields" and give voice to the fallen, buried at the site of the Second Battle of Ypres, where the combatants suffered some 124,000 casualties. In the United Kingdom, Canada, and here stateside, "red poppies" are sold to raise money for veterans and their families.

We, here in the United States, also initially recognized November 11th as Armistice Day. President Wilson issued a proclamation in 1919 that Armistice Day would be a time "filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory". That day's events included parades and public gatherings. At 11 am, there was a moment of silence in both schools and businesses. Armistice Day continued to be recognized and became a legal holiday in 1938.

After World War II, a grassroots movement started with the goal to expand Armistice Day to include veterans of all wars. President Eisenhower and Congress approved legislation in 1954 changing the name to Veterans Day and setting aside November 11th for appreciation of all our veterans.

Veterans Day is occasionally spelled Veterans' Day or Veteran's Day. Officially, there is no apostrophe, as Veterans do not own the date. Rather, it is a day when Americans can honor all veterans.

Not satisfied with the way Federal holidays fell during the week, the Uniform Monday Holiday Act in 1971 moved many national holidays to designated Mondays. While this was great for creating three-day weekends, it also led to confusion and the loss of the significance in the original date. After several years of celebrating Veterans Day on the fourth Monday of October, in 1978, it was moved back to its rightful day, November 11th where it has remained.

U. S. Marines celebrate the origins of the United States Marine Corps on November 10th. This day is celebrated with a Birthday Ball that includes a birthday-cake-cutting ceremony. This year is the Corps' 245th birthday. Many Marines have piggybacked the two holidays for a 96-hour liberty pass.

Patriotic feelings run deep in Apache Junction and Gold Canyon as evidenced by the large memberships of the local Veterans of Foreign Wars and American Legion posts. For nearly 36 years, Apache Junction has held a Veterans Day Parade. Unfortunately, due to Covid-19, many metro Veterans Day celebrations including the Apache Junction Veterans Day Parade, have been cancelled.

Though many public events have been cancelled, you can still celebrate the day. On November 10th, treat your favorite Marine to a piece of birthday cake and then, the next day, honor the veterans you know and thank them for their service.

Scott Bartlowe is a U.S. Marine Corps veteran and a Realtor. He is passionate about helping other veterans use their benefits to achieve their goals of homeownership. Contact him at 480-213-7691 or ScottsAZRealEstate@msn.com with any questions.

A Veteran Serving Veteran Families

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Lieutenant Colonel Thomas E. Collins III

I had the privilege of meeting Tom a few years ago and enjoyed listening to his stories. He has always been a delight to talk with his radiant southern charm and hospitality!

Tom was born in 1937 in Mississippi. In 1959, he was with the Air Force ROTC program with the Mississippi State University and completed undergraduate in Business Administration. He also completed his Pilot Training and in 1960, he was awarded his pilot wings.

In 1960, he became part of the Seventeenth Air Force. The USAF re-designated the unit in 1969 as the 32nd Tactical Fighter Squadron (TFS). Over the years, the Soesterberg Wolfhounds, as they were known, flew and maintained a variety of fighters including the F-86, F-100, F-102, F-4 and F-15, achieving impressive results. The 32nd Wolfhounds were recognized as the most outstanding fighter interceptor squadron in the United States Air Force, winning the Hughes Award three times.

After a year with this unit, he came back and was trained in Tucson, Arizona for the F4 Phantom Fighter plane. This plane was the best fighter plane until 1996!

On October 18, 1965, he was flying the F4 Phantom on a mission over Southeast Asia to destroy an important highway bridge complex located deep in the hostile territory. This bridge complex was known to be heavily defended and the weather conditions were minimal.

By the time he reached the destination, the enemy had been tipped off and were firing at his aircraft. His aircraft received a direct hit, but he continued to press the attack until his aircraft received so much damage, he could not fly it anymore.

He was shot down and was immediately captured and taken as a Prisoner of War (POW). He spent 2,674 days (over 7 years) in captivity at the Hanoi "Hilton", North Vietnam.

He retired from the Air Force on February 29, 1980. He was awarded two Silver Stars. One Silver Star was for combat and the other Silver Star was being a POW.

After being released, Tom went back to the University of Southern Mississippi and received his MBA in Business.

One of his assignments was being an Assistant Professor of Aerospace Studies with the Air Force ROTC at the University of Southern Mississippi.

Tom also stayed involved by serving as an Executive Director of the Mississippi Veterans Farm & Home Board and was a Republican nominee for Congress. Later, he served as an Assistant Secretary of the US Department of Labor and served on the board for the Institute for International Commerce.

He moved to Arizona in 1998 to be with his son and daughter-in-law and his four granddaughters. He has been involved with the POW and the VFW for many years. He is a life member of the American Legion and VFW Chapter 7968.

Thank You for Your Service!

Staff Sergeant Kerry "Doc" Pardue

Combat veteran Staff Sergeant Kerry "Doc" Pardue has written a few books on the American veteran experience. He will be speaking at Hatfield Medical Group – 300 S. Phelps Ave in Apache Junction on November 9, 2020 about his latest, "Rice Paddy Stew and Saigon Tea". The book, available now, explores the impact of war that young soldiers experience. Kerry draws on his own experiences with PTSD for his works.

Kerry was raised in Chicago and joined the Army during college. He enlisted in the Army and became a Combat Medic with the 9th Infantry in Vietnam. After his release from the Army, Kerry worked as a police officer in suburban Illinois and in Newport News, Virginia. His career has included jobs as diverse as being a postal carrier to teaching in high schools and automobile institutes.

After his retirement in 2004, he wrote his first book, "Poems in the Keys of Life: Reflections of a Combat Medic". He found through his writing of poetry helped settle his personal experiences. His first book received the Gold Medal for Excellence from the Military Writers Society of America. He is working on his third book, which will be about women in the military from the Revolutionary War on through the present.

An Arizona resident since 1981, Kerry and his wife of 51 years live in the Chandler area and have 3 children, 10 grandchildren, and one great grandchild. In addition to writing, he is also an artist. You can see his work here: https://fineartamerica.com/profiles/kerry-pardue.

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IDEAS FOR THANKING YOUR FAMILY

It's almost Thanksgiving. And although 2020 may have been a difficult year for you, as it has been for many people, you can probably still find things for which you can be thankful – such as your family. How can you show your appreciation for your loved ones?

Here are a few suggestions:

• Invest in your children's future. If you have young children – or even grandchildren – one of the greatest gifts you can give them is the gift of education. You may want to consider contributing to a higher education funding vehicle.

• Be generous. Do you have older children, just starting out in life? If so, they could well use a financial gift to help pay off student loans, buy a car or even make a down payment on a home. You can give up to $15,000 per year, per recipient, without incurring gift taxes. Of course, you don't have to give cash – you might want to consider presenting your children with shares of stock in companies they like.

Investing is about more than money.
At Edward Jones, we stop to ask you: "What's important to you?" Without a real understanding of your goals, investing holds little meaning.
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MAKING SENSE OF INVESTING

• Review your insurance coverage. If you weren't around, it would leave some gaping holes – financial and otherwise – in the lives of your family members. That's why it's essential you maintain adequate life insurance. Your employer might offer a group plan, but it may not be sufficient to meet your needs. There's no magic formula for determining the right amount of coverage, so you'll have to consider a variety of factors: your age, spouse's income, number of children and so on. Also, you may want to consider disability insurance – if you were unable to work for a while, it could cause a real problem for your family's finances.

• Preserve your financial independence. When your children are young, you take care of them. But you certainly don't want them to have to do the same for you – so it's essential you maintain your financial independence throughout your life. You can do this in at least a couple of ways. First, consider investing regularly in your 401(k), IRA and other retirement accounts. The greater your resources during your retirement years, the less you may ever need to count on your family. And second, you may want to protect yourself from the devastating costs of long-term care, such as an extended nursing home stay. A financial professional can suggest a strategy to help you cope with these expenses.

• Create an estate plan. To leave a legacy to your family, you don't have to be wealthy – but you do need a comprehensive estate plan. You'll have to think through a lot of questions, such as: Have I named beneficiaries for all my assets? How much do I want to leave to each person? Do I need to go beyond a simple will to establish an arrangement such as a living trust? For help in answering all these issues, you'll want to work with an attorney.

By making these moves, you can show your loved ones, in a tangible way, how much you value them – and that can help you keep the spirit of Thanksgiving alive all year long.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC

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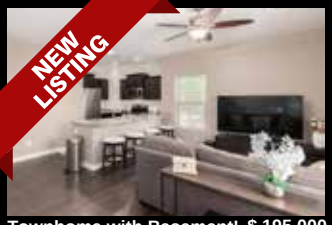

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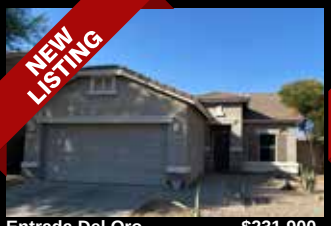

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TIPS & HINTS ON LANDSCAPING

TOMMCDONALD
OWNER - SMILING DOG LANDSCAPES

SUMMER 2020;

ONE HOT MESS – AND DRY TOO!

Well, it is official. According to the National Oceanic and Atmospheric Administration, the Summer of 2020 was the 4th hottest and in the top 1/3 driest of all summers in the U.S. recorded history. In Phoenix, August was the hottest on record this summer we had 50 days over 110 degrees, another record. We also had a 'non-soon' giving us little relief from all this heat.

This has been a tough summer in many ways for all living things. Landscaping in Arizona has been a challenge.

We are seeing cactus and agaves sunburn and die. Golden Barrel cacti have been hit especially hard, first sunburning then rotting from the inside out. If the desert plants are hurting, imagine what the non-natives are going through. Pouring more water to heat stressed landscapes does not necessarily help either, as many plant species do not tolerate overwatering and heat at the same time.

Bottlebrush planted on a hot wall

Aleppo Pine

This heat stress has caused a cascade of negative outcomes for landscape plants. Stressed plants can lose the ability to fend off diseases. There are many fungal and bacterial pathogens in the desert southwest that are ever present in the soil that will take advantage of plants that have lost their ability to protect themselves. Insect pest such as agave weevil, Cochineal scale, and various mites all show up for dinner.

Then there are the rabbits... oh my goodness the dang rabbits. Deprived of their native forage plants, which did not put on much new growth this summer, they turned to the non-native plants they normally shun. Aloes, euphorbias, lantana, to name a few, are plants that during past years seemed immune to rabbit predation and have slowly been melting away summer.

We did not trim this Asparagus fern. The Rabbits did!

Picking the right plant for the right place, utilizing shade wherever you can find it or even shading prize specimens, and correct use of water are all strategies that will become more and more important if this trend continues. In other words, going to your local nursery and purchasing another Lantana to replace the one that bit the dust this summer might not be the most sustainable response. Go Natives!

Questions about your landscape needs? Contact us today at info@smilingdoglandscapes.com or 480-288-8749

Smiling Dog Landscapes regrets to inform our community that the decision has been made to cancel Learning Center classes here on site. If you would like to schedule a personal consultation however, please reach out.

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WHERE ARE HOME VALUES HEADED OVER THE NEXT 12 MONTHS?

As shelter-in-place orders were implemented earlier this year, many questioned what the shutdown would mean to the real estate market. Specifically, what will happen with home values?

After years of rising home prices, would 2020 be the year this appreciation trend would come to a screeching halt? Even worse, would home values begin to go down?

Original forecasts had plenty of uncertainty and they ranged anywhere from home values gaining 3% (Zelman & Associates) to home values decreasing by more than 6% (CoreLogic).

However, as the year unfolded, it became clear that there would be little negative impact on the housing market. As Mark Fleming, Chief Economist at First American recently revealed: "The only major industry to display immunity to the economic impacts of the coronavirus is the housing market."

The big question is, have prices continued to increase after September 1st of this year? The Federal Housing Finance Agency (FHFA) Home Price Index showed home prices rose 6.5% from September of last year.

What are the experts forecasting for home prices going forward? All of the experts are predicting an increase in value in varying degrees:

Zelman	5.9%
Zillow	4.8%
Fannie Mae	4.4%
NAR	4.3%
Corelogic	.6%

Bottom Line

The experts agree and the numbers show that home values have weathered the storm of the pandemic. Gold Canyon is a prime example. House prices continue to rise both as a result of the low inventory and extremely low-interest rates. Give me a call for more about our real estate market! 480-823-1640

ARTISTS OF THE SUPERSTITIONS

HOLIDAY ART SHOW

SATURDAY, DECEMBER 12TH, 2020
9 AM TO 3 PM

The Holidays are coming, and it is that beautiful time of year for Art Lovers to view and select original, unique and juried art for the season or for yourself. Artists of the Superstitions invite you to a Fine Art Show to be held on the grounds of the Mountain View Lutheran Church. The show is offered free to the public. Please join us for this wonderful event.

A diverse selection of artwork: ceramics, fiber, glass, gourds, jewelry, painting, photography, woodworking and more will be represented by member artists whose art will be presented at the show and some examples are provided here.

The Mountain View Lutheran Church is located at 2122 S. Goldfield Rd., Apache Junction off Hwy 60. This is a great indoor and outdoor event on the corner of Apache Trail and Goldfield Road so the visibility will be great.

Our artists are separated inside and outside so that you can practice social distancing while visiting. Hand sanitizer will be available, and masks are recommended. We are following guidelines to protect all of you and us.

Artists of the Superstitions members welcome everyone for the opportunity to view and purchase the beautiful art creations presented. Information is also available at our website www.artistsofthesuperstitions.com

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It's easy to get caught up in a pattern of swirling thoughts - thinking of things that need to be done, ruminating on past events, or could-be situations of the future - and learning mindfulness can help.

So, what exactly is mindfulness? It can be defined as a mental state that involves being fully focused on "the now" so you can acknowledge and accept your thoughts, feelings, and sensations without judgment. Mindfulness meditation is a mental training practice that teaches you to slow down racing thoughts, let go of negativity, and calm both your mind and body. Anytime that your attention is in the present moment, in whatever you are doing/experiencing, you are practicing being mindful. The practice of mindfulness in daily living can result in enhanced physical and emotional well-being by gaining a new perspective on stressful situations, while building skills to manage your stress. It also can reduce negative emotions, while increasing imagination, creativity, patience and tolerance.

There are many different meditation practices:

Focused attention. You focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress.

Guided meditation. Sometimes called guided imagery or visualization, this method allows you to form mental images of places or situations you find relaxing.

Mantra meditation. In this type of meditation, you silently repeat a calming word, thought or phrase to prevent distracting thoughts

Qi gong. This practice generally combines meditation, relaxation, physical movement and breathing exercises to restore and maintain balance. Qi gong (CHEE-gung) is part of traditional Chinese medicine.

Yoga. You perform a series of postures and controlled breathing exercises to promote a more flexible body and a calm mind. As you move through poses that require balance and concentration, you're encouraged to focus less on your busy day and more on the moment.

Relaxed breathing. This technique involves deep, even-paced breathing using the diaphragm muscle to expand your lungs and breathe more efficiently. Open attitude. Let thoughts pass through your mind without judgment.

Walk and meditate. Combining a walk with meditation is an efficient and healthy way to relax.

When you use this method, slow down your walking pace so that you can focus on each movement of your legs or feet, not on a particular destination.

Engage in prayer. Prayer is the best known and most widely practiced example of meditation.

Read and reflect. Many people benefit from reading poems or sacred texts, while taking a few moments to quietly reflect on their meaning.

Focus your love and gratitude. In this type of meditation, you focus your attention on a sacred image or being, weaving feelings of love, compassion and gratitude into your thoughts.

Mindful Meditation is considered a type of mind-body complementary medicine, which is part of the Integrative Health Program at The Live it Well Place in Gold Canyon. Visit www.liveitwellaz.com and allow us to help you start a mindful movement or meditation practice.

Namaste, The light within me honors the light within you.

GOLD CANYON STRONG

UPCOMING EVENTS

Saturday, November 14th - Free Drive Thru Donuts Saturday! *8 am at the Gold Canyon Executive Suites, 6589 S Kings Ranch Road* - Making life a little more fun right now! When they're gone, they're gone, so come early. Drive up, we'll hand you fresh glazed donuts* and away you go. Simple as that. **max 4 donuts per vehicle.*

Saturday, November 28th - Gold Canyon Strong Small Business Saturday and Vendor Fair. *8 am till 4 pm at the Gold Canyon Executive Suites, 6589 S Kings Ranch Road.* Join us for some holiday shopping with over 40 vendors and learn more about the many small businesses in and around Gold Canyon. One Hot Mess, a local food truck business, will be serving up some local favorites. Make sure you stop and visit Santa and NO BEARD PULLING!

Sunday, December 6th - GROOVIN' with Santa - 2 pm till 4 pm at the Gold Canyon Executive Suites, 6589 S Kings Ranch Road. Come and GROOVE with Santa and enjoy hot cocoa and cookies. This is an outdoor event. Wear athletic/dance shoes. We can provide chairs if you prefer to GROOVE seated. Remember IF YOU CAN MOVE YOU CAN GROOVE!

Saturday, December 12th - Free Drive Thru Donuts Saturday! 8am Gold Canyon Executive Suites, 6589 S Kings Ranch Road. Making life a little more fun right now! Free Drive Thru Donuts Saturday! When they're gone, they're gone, so come early. Drive up, we'll hand you fresh glazed donuts* and away you go. Simple as that. **max 4 donuts per vehicle.*

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FIVE WAYS YOU CAN ENHANCE YOUR HOME'S VALUE BEFORE YOU LIST IT FOR SALE

Whether you've decided it's time for an upgrade or you're moving on to a new city, if you're selling your home you may be wondering how you can boost its value before listing it up for sale.

In today's blog post we'll share five ways that you can spend a bit of time and money upgrading your home before it hits the local real estate market.

SPRUCE UP YOUR LANDSCAPING

You'll want your home to make a great first impression, and as such a great place to start is by sprucing up your lawn, gardens and other landscape features. Your grass should be a healthy green, free of weeds and freshly trimmed, YOUR ROCK YARD SHOULD BE CLEAN AND FREE OF BARE SPOTS.

If you can, look to add seasonal flowers in your front entry as this can add a bit of color to your home. Keep any shrubs or trees trimmed away from the home so that buyers can get a good look.

APPLY A FRESH COAT OF PAINT

Another excellent way to increase your home's "curb appeal" is by applying a fresh coat of paint to the house, the trim around the windows and the front door.

Of course, painting a house is a big job so this might be one that is best left to a team of professionals. For added effect, replace the fixtures on the front door and make sure it is clean and appealing.

UPGRADE YOUR KITCHEN APPLIANCES

Many buyers will focus intently on your kitchen and the condition of everything from your flooring to your cupboards. If you have an older refrigerator or stove you'll want to replace those with newer stainless-steel models.

You'll also want to ensure that you have quality countertops – if you're replacing them, consider going with granite as it's popular with all buyers.

INSTALL A NEW SET OF BATHROOM FIXTURES

Finally, if you haven't renovated your bathroom recently you'll want to invest in modernizing your faucets, mirrors and other fixtures. The decor of your bathroom should match that in the rest of your home, but also stand out in its own unique way.

If you have an old bathtub with stained porcelain, consider replacing it with a glass-enclosed waterfall shower. Don't forget about your light fixtures; if you find the bathroom is a bit dark, replace these with something that adds brightness.

FLOORS

If your carpeting is old or worn, replace it with new, or consider all the other newer flooring options available to you!

For more information about the home staging and selling process, give me a call I can really help 480-221-7922

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IN THE KITCHEN
WITH MARSHA

MARSHADORRIS

Aunt Helen's Sausage Apple Bread Stuffing

My wonderful Aunt Helen made this delicious dressing at Thanksgiving. I believe I fell in love with baking and cooking from watching her and being her little taste tester!!

INGREDIENTS

2/3 c butter
½ teaspoon rubbed sage
1 c chopped onions
¼ teaspoon poultry seasoning
1 ½ c chopped celery
1 peeled and pared apple, chopped
10 c bread – cubed
1 lb. sausage (I use Jimmy Dean Regular)
1 Tablespoon dried parsley
½ lb bacon
½ c or more of Chicken broth
Salt & Pepper to taste

DIRECTIONS

Brown the crumbled sausage, drain and put aside. Chop bacon in small pieces and fry. Remove bacon and add the butter to the pan and let melt. Add the onions and saute. Add the celery and chopped apples and cook until soft. Add in the sage, poultry seasoning, salt and pepper. Mix well. Add this to the bread cubes. Pour in 1/2 c of chicken broth to moisten dressing. If not moist enough, keep adding a little more until moist, but not soggy. Stuff a turkey or put in a 9" x 13" casserole dish and cover with foil. Bake for 30 minutes in a 350 degree oven. Then uncover and bake for 10 minutes more.

Any questions, please contact Marsha at Marsha.Dorris.Realtor@gmail.com.

Kisses Acorn Treats

This is quick, fun and tasty!!!

- Hershey's Milk Chocolate Kisses
- Mini Vanilla Waver Cookies**
- Reese's Peanut Butter Chips or Hershey's Butterscotch Chips
- Melted Peanut Butter Chips (for attaching)++

Unwrap milk chocolate kisses. Place melted peanut butter chips in a pastry bag with small tip. Place mini vanilla wafer cookies on tray or plate with flat side of cookie facing up. Squeeze small amount of melted peanut butter chips onto bottom of chocolate kiss. Immediately press chocolate bottom onto vanilla wafer cookie. Allow to set. Place small dab of the melted peanut butter on bottom of peanut butter chip or butterscotch chip and immediately attach to top of cookie to finish acorn!

***I have also used mini Nutter Butter cookies.*
++ You can also use melted chocolate or royal icing as the "glue".

Gold Canyon Business Association

GOLD CANYON BUSINESS FAIR RETURNS

NOVEMBER 21, 2020 | 8AM-NOON
GOLD CANYON COMMUNITY CHURCH
5810 S. Alameda Rd - Large Outdoor Courtyard
Sponsored by Gold Canyon Business Association, and Event Coordinators, Pam Burks and Chris Bukovac.

By: Pam Burks

Come to support your struggling local businesses, and get those home projects started; window coverings, carpet, tile, and much more for all your inside and outside projects! There will also be services, products, and gifts you want and need.

Looking to sell your home, or buy a new home? Your Gold Canyon Realtors will be there. Our Realtors are amazing people, they support your community in so many ways, and are our trusted neighbors and friends.

Come enjoy the entertainment, and "spin the wheel" to win a door prize valued at $25 or more. Door prizes are provided by each attending business.

We welcome back, Tina Vale to our 2020 Gold Canyon Business Fair, she is a vocalist, writer, poet, friend, and Mom. She is a one girl show! She captivates her audience with her smooth sultry style, along with her ability to go from contemporary pop, to classics, rock-n-roll, and country. She is a true prodigy, and has it all, beauty, talent and personality. Since the Gold Canyon Business Fair has been in progress, Tina has been one of our biggest attractions, she is pure entertainment and an announcer extraordinaire!

Come to enjoy the food!

Brown Bear BBQ will be serving breakfast and lunch, they are truly a Gold Canyon favorite. They will be located on the perimeter of the parking lot, and will be open by 7am. Go to www.brownbearbbq.com to view the menu.

Gecko Expresso will also be there, serving coffee within the event courtyard.

There will be many of your favorite businesses along with several new ones. Come out and see all the services, products, gifts and more.

Great effort has been made to make this experience as safe as possible. Hatfield Medical Group will be providing temperature checks at the entrance, all businesses will be 6Ft. apart, and business will wear face shields/masks as needed to the level of comfort between the attendees and vendors.

Spin the wheel for a chance to win a door prize valued at $25 or more, provided by each participating business. Please come and enjoy the fresh air, good food and fun.

Businesses that want to participate; Spaces are $40, which includes a $10 donation to Gold Canyon Lions for one plastic face shield, go to www.gcba.biz, for more details, or call Pam Burks, 480-267-2286 for more information. Businesses must bring their own table and chairs. Many thanks for the generosity the Gold Canyon Community Church by sharing their beautiful outdoor courtyard

Apacheland Barn and windmill frame the spectacular Superstition Mountain. Photo by Jack Olson.

SUPERSTITION MOUNTAIN MUSEUM IS EXCITED TO WELCOME YOU

By Bill Van Nimwegen

The Superstition Mountain Museum is excited to welcome everyone back this month for a new season of exciting activities, holiday cheer, as well as treats for your mind and spirit.

This friendly bear greets visitors to the barn during the holiday season.

On Friday and Saturday, November 6-7, the museum will throw open the gates to its new galleries. The familiar indoor history displays have been transformed and exhibits were restored, reconfigured and relocated into a fascinating retelling of the region's history, legends and lore. New visitors will be astounded by the rich stories of the region and those that have visited in the past will get a whole new experience.

The same November 6-7 weekend, the Museum will have the Big Train models running again along with a new "Trash and Treasure" resale event. There will be raffles and refreshments available and the newly renovated gift shop will be well-stocked.

The following weekend, November 14-15, Superstition Mountain Museum will feature a book sale. The sale will go on during the usual museum hours - 9 a.m. to 4 p.m. - both Saturday and Sunday. Proceeds from the Book Sale will go toward maintaining the exhibits and museum operations. Tickets will also be on sale for various raffle prizes.

November is also when the Museum decorates for the holidays. On November 28 and 29, get the family into the Holiday Spirit by enjoying all of the old-fashioned decorations that blanket the barn and museum site each year. Bargains are to be had on hand-crafted jewelry and textiles, sculpture and paintings, books and media. The Big Trains will be running, and a free Ore Stamp Mill demonstration is scheduled for Saturday, Nov. 28, at 11 a.m. Admission to the Holiday Barn Boutique, ore mill demonstration, and parking are free.

In addition, November 29 will be "Museum Store Sunday." The museum Gift Shop will be participating in an international campaign aimed at encouraging shoppers to do their holiday shopping at their local museum shops in order to find unique items and support local cultural, non-profit institutions. As an added enticement for shoppers, on that day the Gift Shop is having a big sale on jewelry, offering 25 per cent off all of these beautiful pieces that make such special gifts. The sale will include unique investment-quality Native American hand-crafted pieces, and silver jewelry made with amethyst from the Four Peaks Amethyst Mine, the only amethyst mine in Arizona. Combined with the fact that as a non-profit organization, the shop does not charge sales tax, the savings can be very significant.

Superstition Mountain Museum is open from 9 a.m. until 4 p.m., Wednesday through Sunday. The museum is located at 4087 N. Apache Trail (SR88) in Apache Junction, AZ. Call 480-983-4888 or visit superstitionmountainmuseum.org for more info.

The antique sleigh is always one of the focal points in the old-fashioned Christmas decorations.

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ARE YOU READY FOR COLD AND FLU SEASON?

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It seems strange to say this, but cold and flu season is upon us. I say "strange" because we've been living in the shadow of COVID-19 for the last ten months, so we've actually had a year-round flu season. However, with the arrival of cooler weather other flu and cold strains will soon be making the rounds.

The threat of COVID-19 infection makes it more important than ever to remember that old adage, "An ounce of prevention is worth a pound of cure." The best prevention in this case is a strong immune system and an awareness of conditions that can lead to infection.

Some things that may lower your immune system

- People with chronic conditions like lung or heart conditions or autoimmune diseases tend to have compromised immune systems.
- Increased stress lowers immunity. Stress can be mental or physical and may be experienced at work or at home. Stress levels tend to increase during the holiday season because we tend to push ourselves to keep up with the demands of the holidays.
- Lack of sleep also lowers the immune system. Decreased deep sleep or fewer hours of sleep can make it harder for our bodies to fight off disease.

So what can we do to stay healthy?

For those in higher risk categories, a seasonal flu shot may be a good start. But remember that the flu shot only protects against certain strains of disease.

The best way to stay healthy is by practicing good hygiene and naturally building your immune system every day. Here are some tips and suggestions:

- Wearing a mask where recommended, washing your hands often, and maintaining social distance are all good ways to avoid all types of communicable diseases.
- Regular exercise can boost your immune system and help fight off infections. Exercise allows immune cells to perform effectively — it increases blood flow, reduces stress and inflammation, and can strengthen antibodies.
- Supplementing your diet with vitamin D and vitamin C is a good way to boost the immune system.
- Avoid eating too much sugar; it can lower the immune system.
- Eat plenty of garlic and take garlic supplements. Garlic is a natural antiviral, antibacterial, and antifungal.
- Supplements that contain humic acid act as a strong antiviral.
- Certain homeopathic remedies are effective in supporting the body's immune system. Research what may best fit your circumstances.
- Make food your medicine. Raw fruits and vegetables that are high in antioxidants are a great start.
- Get plenty of rest—fighting off colds and flu takes energy!

For my patients, I offer intravenous (IV) treatments with homeopathic Engystol, vitamin C, and other vitamins and minerals. IV therapy can stimulate the immune system to protect from infections and can help reduce the duration and severity of symptoms during an acute viral infection.

Be good to your body this winter and give it what it needs to take care of you!

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PHOTOGRAPHY FROM AROUND THE AREA

We want to highlight **YOUR PHOTOS**! Email me at *editor@mansurdesign.com.*

LIMIT 2 PHOTOS PER PERSON.

I found the Lost Dutchman Gold Mine by Edd Lopez

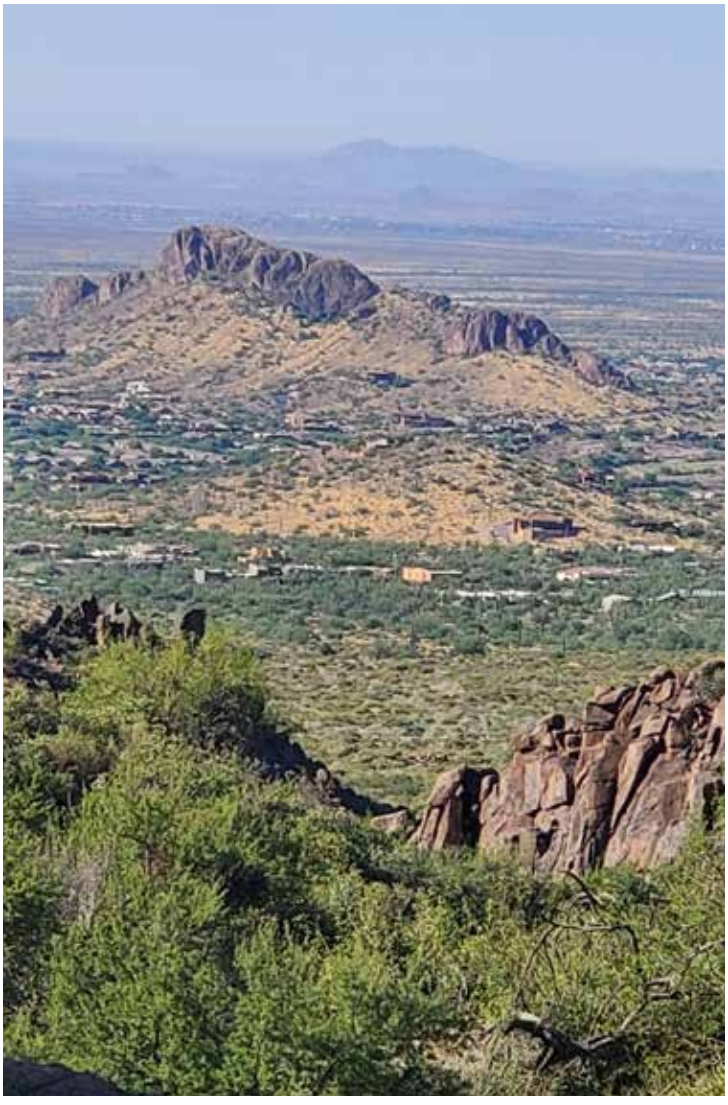
While trimming overhanging mesquite limbs above our pet enclosure to discourage large predators, Larry spotted this tiny 5.5 inch owl, found only in the US in SW Arizona and the Southernmost tip of Texas. Sometimes this owl is confused with the more widespread pygmy owl. They nest in holes made by woodpeckers in trees and saguaro cacti, many of which are in our yard nearby. These sparrow sized nocturnal insectivores are absolutely no threat to our two terriers, Mac and Rockey. - Rare Ferruginous Owl by Larry and Rosemary Shearer

Unique Beauty by John Soper

Kitty Siesta by Chuck Cuffaro

Gila Woodpecker by Brian Ericson

Little Gold Canyon Lizard by Stephanie Wiltz



Dinosaur Mountain from hieroglyphic trail by Brenda Larson

Night blooming cereus by Irv Bitman

Friends staying cool by Jerry Jordan

Bridge at Roosevelt Lake by David Leach

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Two Cats meet by Jay Shotwell

photo by Richard Subia

Teenage Bobcat by Jimmy Fox

Water Break by Gayle Johnson

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2228 SQ FT. **3B/2B 3 CAR GARAGE**

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